

1 High intensity psychological interventions for GAD

1.1 CBT vs comparator for GAD

Quality assessment							Summary of findings				Importance	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect			Quality
							CBT	comparator	Relative (95% CI)	Absolute		
Anxiety (SELF-rated) - CBT vs WLC (Better indicated by lower values)												
10	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	199	199	-	SMD 0.63 lower (0.83 to 0.42 lower)	□□□□ HIGH	
Anxiety (SELF-rated) - CBT vs AR (Better indicated by lower values)												
8	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	154	149	-	SMD 0.01 lower (0.22 lower to 0.23 higher)	□□□□ MODERATE	
Anxiety (SELF-rated) - CBT vs psychodynamic therapy (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	serious ²	no serious imprecision	none	64	57	-	SMD 0.45 lower (0.81 to 0.08 lower)	□□□□ MODERATE	
Anxiety (SELF-rated) - CBT vs NDT (adults) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.69 lower (1.35 to 0.02 lower)	□□□□ MODERATE	
Anxiety (SELF-rated) - CBT vs NDT (older adults) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-	SMD 0.25 lower (0.97 lower to 0.46 higher)	□□□□ MODERATE	
Anxiety (SELF-rated) - CBT vs other active treatment (AXM) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	35	16	-	SMD 0.13 lower (0.78 lower to 0.53 higher)	□□□□ LOW	
Anxiety (SELF-rated) - CBT vs other active treatment (discussion) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.13 lower (0.78 lower to 0.53 higher)	□□□□ LOW	
Anxiety (clinician rated) - CBT vs WLC (Better indicated by lower values)												
11	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	237	237	-	SMD 1.09 lower (1.33 to 0.84 lower)	□□□□ MODERATE	
Anxiety (clinician rated) - CBT vs AR (Better indicated by lower values)												
6	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	131	118	-	SMD 0.15 lower (0.4 lower to 0.1 higher)	□□□□ LOW	
Anxiety (clinician rated) - CBT vs psychodynamic therapy (Better indicated by lower values)												

Anxiety (update): High intensity psychological interventions GRADE profiles

2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	64	57	-	SMD 0.46 lower (0.9 to 0.02 lower)	□□□□ HIGH	
Anxiety (clinician rated) - CBT vs NDT (adults) (Better indicated by lower values)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.93 lower (1.61 to 0.25 lower)	□□□□ MODERATE	
Anxiety (clinician rated) - CBT vs NDT (older adults) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-	SMD 0.01 lower (0.72 lower to 0.7 higher)	□□□□ MODERATE	
Non remission - CBT vs WLC												
5	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	65/130 (50%)	109/129 (84.5%)	RR 0.62 (0.51 to 0.75)	321 fewer per 1000 (from 211 fewer to 414 fewer)	□□□□ HIGH	
								81.3%		309 fewer per 1000 (from 203 fewer to 398 fewer)		
Non response - CBT vs WLC												
5	randomised trials	serious ³	serious ⁴	no serious indirectness	no serious imprecision	none	64/106 (60.4%)	107/113 (94.7%)	RR 0.67 (0.53 to 0.84)	312 fewer per 1000 (from 152 fewer to 445 fewer)	□□□□ LOW	
								93.8%		310 fewer per 1000 (from 150 fewer to 441 fewer)		
Non response - CBT vs AR												
4	randomised trials	serious ³	no serious inconsistency	serious ⁵	serious ¹	none	53/91 (58.2%)	42/87 (48.3%)	RR 1.11 (0.86 to 1.44)	53 more per 1000 (from 68 fewer to 212 more)	□□□□ VERY LOW	
								46.7%		51 more per 1000 (from 65 fewer to 205 more)		
Non response - CBT vs NDT (adults)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	12/23 (52.2%)	16/20 (80%)	RR 0.65 (0.42 to 1.02)	280 fewer per 1000 (from 464 fewer to 16 more)	□□□□ LOW	
								72.5%		254 fewer per 1000 (from 421 fewer to 14 more)		
Non response - CBT vs other active treatment (EUC)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	32/70 (45.7%)	33/64 (51.6%)	RR 0.89 (0.63 to 1.26)	57 fewer per 1000 (from 191 fewer to 134 more)	□□□□ MODERATE	
								62.3%		69 fewer per 1000 (from 231 fewer to 162 more)		

Anxiety (update): High intensity psychological interventions GRADE profiles

											more)		
Anxiety (clinician rated) - CBT vs other active treatment (AXM) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	35	16	-	SMD 0.59 lower (1.19 lower to 0.01 higher)	□□□□	LOW	
Depression (self rated) - CBT vs WLC (Better indicated by lower values)													
10	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	201	200	-	SMD 0.81 lower (1.11 to 0.51 lower)	□□□□	HIGH	
Depression (clinician rated) - CBT vs WLC (Better indicated by lower values)													
4	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	94	97	-	SMD 0.74 lower (1.11 to 0.36 lower)	□□□□	HIGH	
Depression (self rated) - CBT vs AR (Better indicated by lower values)													
7	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	141	129	-	SMD 0.18 lower (0.5 lower to 0.13 higher)	□□□□	MODERATE	
Depression (clinician rated) - CBT vs AR (Better indicated by lower values)													
3	randomised trials	no serious limitations	no serious inconsistency	serious ⁶	serious ¹	none	78	68	-	SMD 0.08 lower (0.4 lower to 0.25 higher)	□□□□	LOW	
Depression (clinician rated) - CBT vs NDT (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-	SMD 0.71 lower (1.38 to 0.05 lower)	□□□□	MODERATE	
Depression (self rated) - CBT vs Other active treatments-AXM (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	35	16	-	SMD 0.76 lower (1.37 to 0.15 lower)	□□□□	HIGH	
Depression (self rated) - CBT vs other active treatments-Discussion (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-	SMD 0.27 lower (0.93 lower to 0.39 higher)	□□□□	LOW	
Depression (self rated) - CBT vs Psychodynamic therapy (Better indicated by lower values)													
2	randomised trials	no serious limitations	no serious inconsistency	serious ²	no serious imprecision	none	64	57	-	SMD 0.76 lower (1.21 to 0.31 lower)	□□□□	MODERATE	
Depression (self rated) - CBT vs Other active treatments-EUC (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	66	50	-	SMD 0.34 lower (0.71 lower to 0.03 higher)	□□□□	MODERATE	
Worry - CBT vs WLC (Better indicated by lower values)													
9	randomised trials	no serious limitations	very serious ⁷	no serious indirectness	no serious imprecision	reporting bias ⁸	183	183	-	SMD 1.13 lower (1.58 to 0.68 lower)	□□□□	VERY LOW	
Worry - CBT vs AR (Better indicated by lower values)													
6	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	130	119	-	SMD 0.02 lower (0.27 lower to 0.23 higher)	□□□□	MODERATE	
Worry - CBT vs psychodynamic therapy (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	29	28	-	SMD 0.32 lower (0.84	□□□□		

Anxiety (update): High intensity psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness							lower to 0.21 higher)	MODERATE	
Worry - CBT vs other active treatments-EUC (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	66	50	-		SMD 0.9 lower (1.29 to 0.52 lower)	□□□□ HIGH	
QOL - CBT vs WLC (Better indicated by lower values)													
2	randomised trials	no serious limitations	serious ⁴	serious ⁹	serious ¹	none	27	28	-		SMD 1.59 lower (3.77 lower to 0.59 higher)	□□□□ VERY LOW	
QOL - CBT vs Psychodynamic therapy (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	35	29	-		SMD 0.15 lower (0.34 lower to 0.65 higher)	□□□□ LOW	
QOL - CBT vs Other active treatments-EUC (SF-12 Mental) (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	66	50	-		SMD 0.47 lower (0.84 to 0.1 lower)	□□□□ HIGH	
QOL - CBT vs Other active treatments-discussion group (QOL-energy) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.18 lower (0.84 lower to 0.47 higher)	□□□□ LOW	
Non response - CBT vs NDT (older adults)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	21/26 (80.8%)	13/20 (65%) 72.5%	RR 1.24 (0.86 to 1.8)		156 more per 1000 (from 91 fewer to 520 more) 174 more per 1000 (from 101 fewer to 580 more)	□□□□ MODERATE	
Non response - CBT vs other active treatment (Discussion group)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	20/26 (76.9%)	19/26 (73.1%) 62.3%	RR 1.05 (0.77 to 1.44)		37 more per 1000 (from 168 fewer to 322 more) 31 more per 1000 (from 143 fewer to 274 more)	□□□□ LOW	
Anxiety (clinician rated) - CBT vs other active treatment-Discussion group (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.06 lower (0.72 lower to 0.59 higher)	□□□□ LOW	
Depression (self rated) - CBT vs NDT (adults) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-		SMD 0.9 lower (1.58 to 0.22 lower)	□□□□ MODERATE	
Depression (self rated) - CBT vs NDT (older adults) (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-		SMD 0.24 higher (0.48 lower to 0.95 higher)	□□□□ MODERATE	
Depression (clinician rated) CBT vs other active treatments (discussion group) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.33 lower (0.98	□□□□	

Anxiety (update): High intensity psychological interventions GRADE profiles

	trials		inconsistency	indirectness							lower to 0.33 higher)	LOW	
Worry - CBT vs NDT (older adults) (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	18	13	-		SMD 0.06 lower (0.78 lower to 0.65 higher)	□□□□ MODERATE	
Worry - CBT vs NDT (adults) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	no serious imprecision	none	19	18	-		SMD 0.97 lower (1.65 to 0.28 lower)	□□□□ MODERATE	
Worry - CBT vs other active treatments (discussion gp) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.17 lower (0.82 lower to 0.49 higher)	□□□□ LOW	
QOL - CBT vs Other active treatments-EUC (SF-12 Physical) (Better indicated by lower values)													
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ¹	none	66	50	-		SMD 0.02 higher (0.34 lower to 0.39 higher)	□□□□ MODERATE	
QOL - CBT vs Other active treatments-discussion group (QOL-Role functioning) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.59 lower (1.26 lower to 0.08 higher)	□□□□ LOW	
QOL - CBT vs Other active treatments-discussion group (QOL-social role) (Better indicated by lower values)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	18	18	-		SMD 0.11 lower (0.76 lower to 0.54 higher)	□□□□ LOW	
Non remission - CBT vs AR													
4	randomised trials	no serious limitations	serious ⁴	no serious indirectness	serious ¹	none	44/81 (54.3%)	47/75 (62.7%)	RR 0.94 (0.63 to 1.41)		38 fewer per 1000 (from 232 fewer to 257 more)	□□□□ LOW	
								55%			33 fewer per 1000 (from 204 fewer to 225 more)		
Non remission - CBT vs other active treatment (discussion gp)													
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	12/26 (46.2%)	13/26 (50%)	RR 0.92 (0.52 to 1.63)		40 fewer per 1000 (from 240 fewer to 315 more)	□□□□ LOW	
								50%			40 fewer per 1000 (from 240 fewer to 315 more)		
Discontinuation due to any reason - CBT vs WLC													
12	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	43/258 (16.7%)	31/258 (12%)	RR 1.4 (0.7 to 2.79)		48 more per 1000 (from 36 fewer to 215 more)	□□□□ HIGH	
								8.7%			35 more per 1000 (from 26 fewer to 156 more)		
Discontinuation due to any reason - CBT vs AR													

Anxiety (update): High intensity psychological interventions GRADE profiles

8	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	21/172 (12.2%)	29/162 (17.9%) 17.4%	RR 0.75 (0.43 to 1.31)	45 fewer per 1000 (from 102 fewer to 55 more) 43 fewer per 1000 (from 99 fewer to 54 more)	□□□□ HIGH	
Discontinuation due to any reason - CBT vs NDT												
2	randomised trials	serious ^{3,10}	no serious inconsistency	serious ¹¹	serious ¹	none	12/49 (24.5%)	9/40 (22.5%) 22.5%	RR 1.02 (0.49 to 2.12)	4 more per 1000 (from 115 fewer to 252 more) 4 more per 1000 (from 115 fewer to 252 more)	□□□□ VERY LOW	
Discontinuation due to any reason - CBT vs psychodynamic therapy												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness ²	serious ¹	none	6/69 (8.7%)	12/73 (16.4%) 15.4%	RR 0.54 (0.21 to 1.36)	76 fewer per 1000 (from 130 fewer to 59 more) 71 fewer per 1000 (from 122 fewer to 55 more)	□□□□ MODERATE	
Discontinuation due to any reason - CBT vs other active treatments-AXM												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	4/40 (10%)	6/25 (24%) 24%	RR 0.42 (0.13 to 1.33)	139 fewer per 1000 (from 209 fewer to 79 more) 139 fewer per 1000 (from 209 fewer to 79 more)	□□□□ LOW	
Discontinuation due to any reason - CBT vs other active treatments (EUC)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	4/70 (5.7%)	14/64 (21.9%) 24%	RR 0.26 (0.09 to 0.75)	162 fewer per 1000 (from 55 fewer to 199 fewer) 178 fewer per 1000 (from 60 fewer to 218 fewer)	□□□□ HIGH	
Discontinuation due to any reason - CBT vs other active treatments (Discussion gp)												
1	randomised trials	serious ³	no serious inconsistency	no serious indirectness	serious ¹	none	8/26 (30.8%)	8/26 (30.8%) 24%	RR 1 (0.44 to 2.26)	0 fewer per 1000 (from 172 fewer to 388 more) 0 fewer per 1000 (from 134 fewer to 302 more)	□□□□ LOW	

¹ 95% confidence interval include no effect

² duration for treatment is average of 15 wks and control is average of 30 wks

³ High attrition bias and completor analysis

⁴ Moderate heterogeneity (50-80%)

Anxiety (update): High intensity psychological interventions GRADE profiles

⁵ Half of the trials were Cognitive Therapy while other half were CBT

⁶ Treatment varies and include: Worry exposure, cognitive therapy and manualised CBT

⁷ High heterogeneity (>80%)

⁸ Funnel plot inspected (egger's test p-value=0.02)

⁹ Treatment varies: CBT and acceptance based BT

Economic profile

Individual CBT versus waiting list							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£) ¹	Incremental effect	ICER (£/effect)	Uncertainty
Guideline analysis UK	Potentially serious limitations ²	Directly applicable ³		£1,125	n/a	n/a	Not estimated
Group CBT versus waiting list							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£) ¹	Incremental effect	ICER (£/effect)	Uncertainty ¹
Guideline analysis UK	Potentially serious limitations ²	Directly applicable ³		£300-350	n/a	n/a	£300-350

1. Costs expressed in 2009 UK pounds

2. Simple cost analysis; only intervention costs considered; resource use estimated based on data reported in RCTs included in the guideline systematic review supported by the GDG expert opinion

3. Cost analysis conducted to assist guideline development; NHS perspective

¹⁰ High detection bias

¹¹ The studies target different population (adults and older adults)

1.2 AR vs comparator for GAD

Quality assessment							Summary of findings				Importance	
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect			Quality
							AR	comparator	Relative (95% CI)	Absolute		
Anxiety (SELF-rated) - AR vs WLC (Better indicated by lower values)												
3	randomised	no serious	no serious	no serious	no serious	none	62	59	-	SMD 0.49 lower (0.86 to	□□□□	

Anxiety (update): High intensity psychological interventions GRADE profiles

	trials	limitations	inconsistency	indirectness	imprecision						0.13 lower)	HIGH	
Anxiety (SELF-rated) - AR vs NDT (Better indicated by lower values)													
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-		SMD 0.48 lower (1.14 lower to 0.19 higher)	□□□□ LOW	
Anxiety (clinician rated) - AR vs WLC (Better indicated by lower values)													
3	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	63	61	-		SMD 1 lower (1.38 to 0.62 lower)	□□□□ HIGH	
Anxiety (clinician rated) - AR vs NDT (Better indicated by lower values)													
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-		SMD 0.82 lower (1.51 to 0.14 lower)	□□□□ LOW	
Depression (self rated) - AR vs WLC (Better indicated by lower values)													
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	42	40	-		SMD 0.54 lower (0.98 to 0.1 lower)	□□□□ HIGH	
Depression (self rated) - AR vs NDT (Better indicated by lower values)													
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-		SMD 0.36 lower (1.02 lower to 0.29 higher)	□□□□ LOW	
Depression (clinician rated) - AR vs WLC (Better indicated by lower values)													
2	randomised trials	no serious limitations	serious ³	no serious indirectness	serious ²	none	53	51	-		SMD 0.47 lower (1.14 lower to 0.2 higher)	□□□□ LOW	
Worry - AR vs WLC (Better indicated by lower values)													
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	54	50	-		SMD 0.7 lower (1.1 to 0.31 lower)	□□□□ HIGH	
Worry - AR vs NDT (Better indicated by lower values)													
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	18	18	-		SMD 0.61 lower (1.28 lower to 0.06 higher)	□□□□ LOW	
Non response - AR vs WLC													
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	6/16 (37.5%)	20/20 (100%)	RR 0.39 (0.21 to 0.72)		610 fewer per 1000 (from 280 fewer to 790 fewer)	□□□□ MODERATE	
								100%			610 fewer per 1000 (from 280 fewer to 790 fewer)		
Non response - AR vs NDT													
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	10/23 (43.5%)	16/20 (80%)	RR 0.54 (0.32 to 0.91)		368 fewer per 1000 (from 72 fewer to 544 fewer)	□□□□ MODERATE	
								80%			368 fewer per 1000 (from 72 fewer to 544 fewer)		

Anxiety (update): High intensity psychological interventions GRADE profiles

Discontinuation due to any reason - AR vs WLC												
3	randomised trials	no serious limitations	serious ³	no serious indirectness	serious ²	none	15/70 (21.4%)	11/71 (15.5%)	RR 2.2 (0.37 to 13.19)	186 more per 1000 (from 98 fewer to 1889 more)	□□□□ LOW	
							3.2%			38 more per 1000 (from 20 fewer to 390 more)		
Discontinuation due to any reason - AR vs NDT												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	5/23 (21.7%)	2/20 (10%)	RR 2.17 (0.47 to 10)	117 more per 1000 (from 53 fewer to 900 more)	□□□□ LOW	
							10%			117 more per 1000 (from 53 fewer to 900 more)		

¹ High attrition bias and completor analysis

² 95% confidence interval include no effect

³ Moderate heterogeneity (50-80%)

Economic profile

AR versus waiting list							
Study & country	Limitations	Applicability	Other comments	Incremental cost (£) ¹	Incremental effect	ICER (£/effect)	Uncertainty
Guideline analysis UK	Potentially serious limitations ²	Directly applicable ³		£1,125	n/a	n/a	Not estimated

1. Costs expressed in 2009 UK pounds

2. Simple cost analysis; only intervention costs considered; resource use estimated based on data reported in RCTs included in the guideline systematic review supported by the GDG expert opinion

3. Cost analysis conducted to assist guideline development; NHS perspective

1.3 Psychodynamic therapy vs other comparator for GAD

Quality assessment							Summary of findings				Quality	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect			
							Psychodynamic therapy	other comparator	Relative (95% CI)	Absolute		

Anxiety (update): High intensity psychological interventions GRADE profiles

Anxiety - psychodynamic vs active control (self rate) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	35	-	SMD 0.18 higher (0.31 lower to 0.67 higher)	□□□□ LOW	
Anxiety - psychodynamic vs NDT (self rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.47 higher (0.24 lower to 1.19 higher)	□□□□ MODERATE	
Anxiety - psychodynamic vs active control (clinician rate) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	35	-	SMD 0.08 higher (0.41 lower to 0.57 higher)	□□□□ LOW	
Anxiety - psychodynamic vs NDT (clinician rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.25 lower (0.95 lower to 0.46 higher)	□□□□ MODERATE	
Depression - Psychodynamic therapy vs active control (self rate) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	16	-	SMD 0.24 higher (0.38 lower to 0.85 higher)	□□□□ LOW	
Depression - psychodynamic vs NDT (self rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.12 higher (0.58 lower to 0.83 higher)	□□□□ MODERATE	
Depression - psychodynamic vs NDT (clinician rate) (Better indicated by lower values)												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	15	16	-	SMD 0.08 lower (0.78 lower to 0.63 higher)	□□□□ MODERATE	
QOL - Psychodynamic therapy vs active control (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	29	16	-	SMD 0.01 lower (0.62 lower to 0.61 higher)	□□□□ LOW	
Non remission - Psychodynamic vs NDT												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	8/15 (53.3%)	14/16 (87.5%)	RR 0.61 (0.37 to 1.01)	341 fewer per 1000 (from 551 fewer to 9 more)	□□□□ HIGH	
								87.5%		341 fewer per 1000 (from 551 fewer to 9 more)		
Discontinuation due to any reason- psychodynamic VS active control												

Anxiety (update): High intensity psychological interventions GRADE profiles

1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ²	none	9/45 (20%)	6/25 (24%) 24%	RR 0.83 (0.34 to 2.07)	41 fewer per 1000 (from 158 fewer to 257 more) 41 fewer per 1000 (from 158 fewer to 257 more)	□□□□ LOW	
Discontinuation due to any reason- psychodynamic VS NDT												
1	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	serious ²	none	1/15 (6.7%)	2/16 (12.5%) 12.5%	RR 0.53 (0.05 to 5.29)	59 fewer per 1000 (from 119 fewer to 536 more) 59 fewer per 1000 (from 119 fewer to 536 more)	□□□□ MODERATE	

¹ high attrition bias and completor analysis

² 95% confidence interval include no effect

1. CBT vs WLC (subgroup analysis) for GAD

Quality assessment							Summary of findings				Quality	Importance
No of studies	Design	Limitations	Inconsistency	Indirectness	Imprecision	Other considerations	No of patients		Effect			
							CBT	WLC (subgroup analysis)	Relative (95% CI)	Absolute		
Anxiety (SELF-rated) - CBT vs WLC(adults) (Better indicated by lower values)												
7	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	137	127	-	SMD 0.59 lower (0.85 to 0.33 lower)	□□□□ HIGH	
Anxiety (SELF-rated) - CBT vs WLC (older adults) (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.72 lower (1.12 to 0.32 lower)	□□□□ HIGH	
Anxiety (SELF-rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
7	randomised trials	no serious limitations ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	141	135	-	SMD 0.56 lower (0.8 to 0.32 lower)	□□□□ HIGH	
Anxiety (SELF-rated) - CBT vs WLC (group sessions) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	43	48	-	SMD 0.83 lower (1.26 to 0.39 lower)	□□□□ MODERATE	
Anxiety (clinician rated) -CBT vs WLC (adults) (Better indicated by lower values)												
8	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	175	165	-	SMD 1.14 lower (1.46 to 0.83 lower)	□□□□ MODERATE	
Anxiety (clinician rated) - CBT vs WLC (older adults) (Better indicated by lower values)												

Anxiety (update): High intensity psychological interventions GRADE profiles

2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 1.09 lower (1.58 to 0.59 lower)	□□□□ HIGH	
Anxiety (clinician rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
8	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	179	173	-	SMD 1.08 lower (1.38 to 0.77 lower)	□□□□ MODERATE	
Anxiety (clinician rated) - CBT vs WLC (group sessions) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness ³	no serious imprecision	none	43	48	-	SMD 1.32 lower (1.78 to 0.86 lower)	□□□□ MODERATE	
Depression (self rated) - CBT vs WLC (adults) (Better indicated by lower values)												
7	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	139	128	-	SMD 0.73 lower (1.13 to 0.33 lower)	□□□□ MODERATE	
Depression (self rated) - CBT vs WLC (older adults) (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.84 lower (1.25 to 0.44 lower)	□□□□ HIGH	
Depression (self rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
7	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	143	136	-	SMD 0.7 lower (1.08 to 0.32 lower)	□□□□ MODERATE	
Non remission - CBT vs WLC (adults)												
3	randomised trials	no serious limitations	serious ⁴	serious ³	no serious imprecision	none	32/65 (49.2%)	56/65 (86.2%)	RR 0.62 (0.41 to 0.94)	327 fewer per 1000 (from 52 fewer to 508 fewer)	□□□□ LOW	309 fewer per 1000 (from 49 fewer to 480 fewer)
Depression (self rated) - CBT vs WLC(group sessions) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	43	48	-	SMD 0.96 lower (1.4 to 0.52 lower)	□□□□ MODERATE	
Depression (clinician rated) - CBT vs WLC(adults) (Better indicated by lower values)												
2	randomised trials	serious ¹	serious ²	serious ³	no serious imprecision	none	47	41	-	SMD 0.87 lower (1.63 to 0.11 lower)	□□□□ VERY LOW	
Depression (clinician rated) - CBT vs WLC(older adults) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.59 lower (0.99 to 0.19 lower)	□□□□ MODERATE	
Depression (clinician rated) - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
3	randomised trials	serious ¹	no serious inconsistency	serious ³	no serious imprecision	none	76	76	-	SMD 0.84 lower (1.26 to 0.42 lower)	□□□□ LOW	
Depression (clinician rated) - CBT vs WLC (group sessions) (Better indicated by lower values)												
1	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	serious ⁵	none	18	21	-	SMD 0.4 lower (1.04 lower to 0.23 higher)	□□□□ LOW	

Anxiety (update): High intensity psychological interventions GRADE profiles

Worry - CBT vs WLC (adults) (Better indicated by lower values)												
6	randomised trials	no serious limitations	very serious ⁶	no serious indirectness	no serious imprecision	none	121	111	-	SMD 1.15 lower (1.81 to 0.5 lower)	□□□□ LOW	
Worry - CBT vs WLC (older adults) (Better indicated by lower values)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	47	56	-	SMD 0.89 lower (1.33 to 0.46 lower)	□□□□ HIGH	
Worry - CBT vs WLC (indiv sessions) (Better indicated by lower values)												
6	randomised trials	no serious limitations	serious ²	serious ³	no serious imprecision	none	125	119	-	SMD 1.16 lower (1.81 to 0.52 lower)	□□□□ LOW	
Worry - CBT vs WLC (group sessions) (Better indicated by lower values)												
2	randomised trials	serious ¹	no serious inconsistency	no serious indirectness	no serious imprecision	none	43	48	-	SMD 0.85 lower (1.28 to 0.41 lower)	□□□□ MODERATE	
Non remission - CBT vs WLC (older adults)												
2	randomised trials	no serious limitations	no serious inconsistency	no serious indirectness	no serious imprecision	none	33/65 (50.8%)	53/64 (82.8%)	RR 0.62 (0.47 to 0.8)	315 fewer per 1000 (from 166 fewer to 439 fewer)	□□□□ HIGH	
								83.7%		318 fewer per 1000 (from 167 fewer to 444 fewer)		
Non response - CBT vs WLC (adults)												
3	randomised trials	no serious limitations	serious ²	serious ³	no serious imprecision	none	19/38 (50%)	44/46 (95.7%)	RR 0.57 (0.36 to 0.92)	411 fewer per 1000 (from 77 fewer to 612 fewer)	□□□□ LOW	
								93.8%		403 fewer per 1000 (from 75 fewer to 600 fewer)		
Non response - CBT vs WLC (older adults)												
2	randomised trials	no serious limitations	serious ²	no serious indirectness	no serious imprecision	none	41/65 (63.1%)	60/64 (93.8%)	RR 0.69 (0.49 to 0.98)	291 fewer per 1000 (from 19 fewer to 478 fewer)	□□□□ MODERATE	
								94.2%		292 fewer per 1000 (from 19 fewer to 480 fewer)		

¹ High attrition bias and completer analysis

² Moderate heterogeneity (50-80%)

³ Difference in treatment principles

⁴ Borderline heterogeneity (45-50%)

⁵ 95% confidence interval include no effect

⁶ High heterogeneity (>80%)